



**WEDNESDAY,
MAY 3**

RAIN DATE, THURSDAY MAY 4

For more information
call the MWR Fitness
& Sports office at 492-6631.

Sponsored by



The U.S. Navy does not endorse
any product or service.

PATRIOTS 5K

Healthfest

REGISTRATION - Register at the gymnasium sports
equipment counter with one donated can of non-perishable
food. Participants must check in at the
scorer's table between 10:30 and 11:15 a.m. **11:30 a.m.**

COURSE - Start and finish areas are located
on Terrier Avenue in front of the gymnasium.
Course is a flat, paved street.



DIVISIONS (Awards for first, second & third place)
Men & women: 29 & under, 30 to 37,
38 to 44, 45 to 49 and 50 & over

T-shirts for the
first 350
registered
participants

Race course map on back of flyer

10 a.m. to 1 p.m.
inside the Gymnasium
HEALTHFEST WILL GO ON
REGARDLESS OF THE WEATHER.

Prizes!
Food samples!
Fitness demonstrations!
Free health screenings!
Vendors and
lots more!



DAM NECK PATRIOTS 5K REGISTRATION FORM

LAST NAME

FIRST NAME

RATE/RANK

COMMAND

DEPARTMENT

PHONE

AGE (DAY OF RACE)

SEX

DAM NECK ACTIVE DUTY

E-MAIL FOR PHOTOS (OPTIONAL)



I know that running a road race is a potentially hazardous activity. I should not enter the race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants and the effects of weather. I grant permission to use any photographs, video recordings or any record of this event for legitimate purposes. I hereby give Navy Morale, Welfare and Recreation, their agents and employees the right to inspect and/or approve the photograph, audiotapes and/or videotapes for promotional, recruiting or educational purposes, without any limitation, reservation or compensation, other than the receipt of which is hereby given. This consent is given for any photographs, audiotapes and/or videotapes which have been taken, about to be taken or will be taken.

SIGNATURE

DATE